



# Base Bulletin

Vandenberg AFB, CA 93437-0759



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The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items (via email to <mailto:publishing.management.dci@vandenberg.af.mil> or to Publishing Management DCI on the Global, or via fax to DSN 276-6614 or 805-606-6614) to arrive at DCI/SCSP by noon Friday, the week before you want your item to appear. Submit your items typed or printed on 30 SW Form 8, Official Bulletin Notice. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Limit official items to four lines, unofficial to 2-3 lines and personal items to 1 line. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I - ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961  
Safety Hazard? Dial 5-SAFE (If off base, dial 605-SAFE)

## SECTION II - OFFICIAL

### 1. 30<sup>th</sup> Communications Squadron:

**a. Emission Security (EMSEC)** is a base-level program requiring compliance with equipment and system installation standards as outlined in AFSSM 7011, Emission Security Countermeasures Reviews. This applies only to classified computers, systems, or facilities. For information on what the VAFB EMSEC program has to offer, check out our public folders at this Microsoft Outlook public folder address. [outlook:Public Folders\All Public Folders\VANDENBERG\Vandenberg Information Assurance Programs](#). (30CS/SCBI, 5-2352)

**b. New Publications:** The following new publication is available on the VEPDL. 30SWPAM 32-1, Family Housing Management. (30CS/SCSPP-DCI, 6-7894)

### 2. Traffic Management Office:

**a. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: TSgt Dobbs, ext 6-0904 (30 TRANS/LGTTH)

**b. Shipping/Receiving Packages via Federal Express:** Attention all base organizations that ship and/or receive packages via Federal Express: Under the DoD approved GSA contract, FedEx is authorized to transport unmarked classified packages to up a classification of SECRET. Any packages you receive from FedEx must be treated as classified material until it is determined to be otherwise. When shipping classified items, they must be processed through TMO Cargo Movement unless other arrangements have been made. TMO must be advised on the classification level. Any questions may be directed to MSgt Hawley, ext 6-3381 (30 TRANS/LGTTF)

OFFICIAL

Robert M. Worley II  
Colonel, USAF  
Commander

**Susanne Brixler-Staab**  
**Chief, Publishing Management**

### SECTION III – UNOFFICIAL

**Family Support Center:** Pre-Register for all Classes, Workshops & Seminars. (30MSS/DPF)

**a. Mutual Fund Basics:** 14 Sep 01, 1100-1200. Also known as Mutual Funds 101, this class will explain the basics of investing in mutual funds. To register call 6-4491.

**b. Financial Planning:** 17 Sep, 1100-1200. The future is now! Are you ready for retirement? College? Estate planning? Tax savings? Second career? Get the information you need to help you make decisions that affect your future. Call 6-4491 to register.

**c. Initial Transition Plan:** 18 Sep 01, 0800-0900. For military members scheduled to be separated or retired, an Initial Transition Plan (ITP) counseling is required at least 90 days prior to leaving the service. The briefing mainly consists of service members' benefits. The base Transition Assistance Program (TAP) has just added a session to offer this mandatory counseling, every Tuesday morning, 0800-0900, except the TAP Seminar week. Spouses are welcome and encouraged to attend. Call 5-0134 for scheduling.

**d. Job Information Expo:** 19 Sep 01, 1000-1030, Family Support Center. Come to find out information on local job employment opportunities and sources. Find out who's hiring and who's not. Find out how to add your resume to the AF and local websites. Call 5-8557 for more information.

**e. Manage Your Move:** 19 Sep 01, 1300-1530. For adults on the move, includes briefings from Finance, TMO, Housing, Legal Office, and tips from TRICARE. Have your questions ready and plan to attend within 120-90 days prior to departure. Spouses are encouraged to attend. Call 6-0801 to register.

**f. Cholesterol Education Classes:** 19 Sep 01, 1300-1600, in the Commander's Conference Room at the base clinic. Is your cholesterol level high? Do you know what your risk factors are? Do you know how to lower your cholesterol? Learn about lifestyle changes, exercise, and medications by attending this class offered by the Cholesterol Management Team at the 30th Medical Group. To register, call Denise Prucey, RN, at 6-7291.

**g. Retiree Events:** 19 Sep 01, 1300. Monthly meetings are held the third Thursday of every month.

**h. Money Skills You Can Teach Your Child:** 20 Sep 01, 1100-1200. Youth Teens and young adults are becoming major consumers and entering the workforce in larger numbers every year. For many, this is the first time they have received a regular paycheck and the questions of what to do next is on their mind. Now is the time to develop good spending plans, money management, checkbook maintenance, and credit that can be the cornerstone to achieving personal financial success. To register call 6-4491.

**i. Blended Families/Step-Parenting Class Series:** 20 Sep 01 through 8 Nov 01, 1400-1600 at the HAWC. The class will look at the unique characteristics of a blended family and how to build a new family with less distress, how to enrich the new marriage, divorce issues, and effective step-parenting. To register for the class contact Linda Bastine at 6-8898.

**j. Girl Scout Ice Cream Social:** 22 Sep 01, 1300-1500. Come join us for a fun event. Bring a blanket and meet on the lawn in front of the bowling alley. For information, call the Base Scout Hut at 5-2217 or Mary at 928-2008.

**k. Financial Basics:** 24 Sep 01, 1100-1200. Learn financial management basics such as checkbook maintenance, credit spending, choosing a financial institution, credit pitfalls, decoding financial terminology and making your paydays count! To register call 6-4491.

**l. Sponsorship Training:** 24 Sep 01, 1500-1600. Hear about the changes in the program and learn sponsor responsibilities, relocation resources, and tips to assist newcomers. Also offered as a tutorial on the "Intranet" or website <https://intranet.vandenberg.af.mil/sponsor/index.htm>. To sign up call 6-0801.

**m. VA Home Loan Class:** 25 Sep 01, 1330-1530. One of the major Veterans' benefits is the VA Home Loan Guarantee. VA home loan guaranties are made to service members, retirees, reservists, and unremarried surviving spouses for the purchase of homes, townhouses, condominiums, mobile homes and for refinancing of loans. Learn how to shop around and apply for this special home loan program. Gain understanding of basic terminologies, learn processing procedures, as well as some of the pitfalls. For more information call 6-4491.

**n. Stress / Self-Management:** Beginning 25 Sep 01 at the HAWC from 1300-1500. This 8 session class will help you learn how the events in life that trigger distress may effect health and well-being. Learn what tools you can use to minimize negative stress such as anger management, relaxation training, positive lifestyle choices, and effective communication skills building. Contact Linda Bastine at 6-9958.

**o. Single Parents Support Group:** 25 Sep 01, 1100-1230 at the Pacific Coast Club. This is an informal group for individuals who are dealing with divorce and single parenting. Pre-Registration not required. For more information, call 6-9958.

**30th Services Squadron:** (30 SVS/SVK, 6-0276)

**a. Pacific Coast Club:** (For details on any club functions please call 734-4375 or 734-4376).

*Entertainment*

- **Ultimate Membership Drive Kickoff:** Now through 18 Nov 01. Become a club member during this drive and have a chance to win some new wheels.
- **Every Friday is Club Card Drawing.** Don't miss your chance to win the Jackpot. Drawing is every Friday between 1700-2000. Must be present to win.
  - 14 Sep 01, 2100-0200. **Latino Night** in the Hawk's Nest.
  - 15 Sep 01, 2100-0400. **All-Nighter** in the Hawk's Nest.
  - 17 Sep 01, 1700. **Football Frenzy.** Minnesota vs. Baltimore.
  - 20 Sep 01, 2100-0200. **Mug Night with DJ** in the Hawk's Nest.
  - 21 Sep 01, 2000-2400. **Karaoke Night** in the Hawk's Nest.
  - 21 Sep 01, 1700-2000. **DJ** in the Hawk's Nest.
  - 21 Sep 01, 1800-2200. **DJ** in the O-Lounge.
  - 22 Sep 01, 2100-0200. **DJ** in the Hawk's Nest.
  - 28 Sep 01, 2100-0200. **70's Night** in the Hawk's Nest.

*Menu*

- **A La Carte Menu Dining:** Available Tuesday through Thursday nights except during Mongolian BBQ, 1800-2000.
  - 23 Sep 01, 1000-1400. **Sunday Brunch** at the Club. Adults, \$11.95.
  - 27 Sep 01, 1800-2000. **Mongolian BBQ.** \$5.95.
  - **Family Night:** There will be no Family Night in September.
  - **Foggio's:** Call and order ahead at 5-7800.
- b. Fitness Center:** (30SVS/SVMP, 6-3832)
- **Ongoing Classes:** The Fitness Center has classes in Karate, Aerobics, Yoga and more. Stop by the Fitness center for the current schedule. For more information, call 736-6213.
  - **Fitness Workshops:** All Fitness Workshops are located in the Services Center Aerobics Room.
    - 15 Sep 01, 1000. **Intro to Yoga Fitness.**
    - 22 Sep 01, 1000. **Intro to Indoor Cycling.**
    - 29 Sep 01, 1000. **Intro to Outdoor Group Walking.**
- c. Family Aquatics Center:** (30SVS/SVRO, 6-3581)
- **Youth Swim Lessons:** Lessons are extended through the fall. Open Registration for Saturday lessons will be held from 0900-1300, Monday-Friday.
- d. Bowling Center:** (30SVS/SVK, 6-3209)
- **Thunder Alley/Rock 300:** Glow and Bowl. Thursday, 1800-2100, Family Night. Friday, 2200-0100, Thunder Alley/Rock 300. Saturday, 2100-2400, Thunder Alley/Rock 300.
  - **Bonanza Bingo:** Play daily from open to close. It's only \$1 per card for a chance to win up to \$1000.
- e. Services Center:** (30SVS/SVYR, 5-8974)
- **Natural Knead Massage Therapy:** Therapeutic massage is a valuable addition to health care and fitness routines as a natural way to promote healthy body functioning, and to enhance the body's restorative powers. Located in the Services Center, call for appointments at 5-4748.
  - **Country Line Dancing:** Ongoing FREE dance lessons at the Service Center, Wednesday, 1830-2100.
- f. Youth Center:** (30SVS/SVYY, 6-2152)
- **Parents Advisory Board:** Stop by the first Wednesday of every month for the Parents Advisory Board Meeting.
- g. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)

- 14-16 Sep 01. **Marshallia Masters Tournament.** Entry Fee is \$400 per team. Tournament is limited to the first 72 teams, so sign up today.
  - Fri, 14 Sep 01, 1230. **Two-Man Select Shot.** (Shotgun start)
  - Sat, 15 Sep 01, 0730. **Two-Man Best Ball.** (Shotgun Start)
  - Sun, 16 Sep 01, 0730. **Team Aggregate.** (Tee Times Front-Back)
- **Ladies Priority:** Every Wednesday 0830-0900.
- **Intramural Golf:** Tuesday and Thursday, 1130-1230.
- h. **Rod & Gun Club:** (30 SVS/SVRO, 6-4560)
  - **Open Skeet and Trap Shooting:** Every Wed, Fri, Sat, and Sun at 0830, except for special events.
- i. **Library:** (30 SVS/SVT, 6-6414)
  - **Internet is Here!** The library now has Internet access available.
- j. **Outdoor Recreation:** (30SVS/SVRO, 6-0960)
  - **Motorcycle Show:** Looking for volunteers to help plan a motorcycle ride and BBQ. Riders of all types are welcome; Harleys, cruisers, and sport bikes. Ride is tentatively scheduled for late September. For more information, call Michael J. Renner at 6-5267.

**Education Services & Human Resources Flight:** (30MSS/DPHS, 5-5902)

- a. **Aerospace Education Foundation:** AEF is offering a \$1000 scholarship to spouses of Air Force Active Duty, Air National Guard or Air Force Reserves. Scholarship's may be used for any reasonable cost related to pursuing a degree. Deadline 1 Nov 01 for applications. For eligibility criteria contact Base Education in Building 14001 (across from the Commissary) or call 5-5904.
- b. **Former VEAP Participants:** Now is your chance to enroll in the Montgomery GI Bill -- worth \$23,400 in education benefits over 36 months. Please contact the Education Office before 1 Nov 01 as this is your last opportunity to enroll. Contact Base Education in Bldg 14001 (across from the base commissary) or call 5-5904.

**Personal Computer Training Classes:** (30CS/MCA, 6-3371)

**a. New Classes:**

Publisher 2000: Microsoft Publisher 2000 helps you easily create, customize, and publish materials such as newsletters, brochures, flyers, catalogs, and Web sites. Publish easily to your desktop printer, at a copy shop or commercial print shop, or directly to the Web.

Front Page 2000: The Microsoft FrontPage® 2000 Web site creation and management tool gives you everything you need to create and manage exactly the site you want, whether you are creating a personal Web page or a corporate Internet or intranet site.

Form Flow: Learn how to make this program behave better.

Lunch and Learn: Call 6-3371 for the schedule of classes or visit: [\\30cs-training\Class Descriptions\Lunch and Learn.doc](#).

**b. Classes are open to active duty military, DOD employees, Reservists, Guard and Volunteers supporting Team Vandenberg only.** Walk-ins are welcome on a space available basis. To register, or for additional information, contact Ms. Lexi Schwartz via base email. If you do not receive a confirmation of your registration within two days, please contact us to see if we did receive it. For questions only, not reservations, call 6-3771. You will probably reach an answering machine, so please leave a message and we will call you back. The classes do not require knowledge of the individual programs but a working knowledge of Windows is required. We recommend taking the classes in the following order: Word, Excel, PowerPoint, and Access. Classes offered are:

Introduction to Computers — A Basic Class for Beginners.	Access 97; Access Lab, Access 2000 Beginning; Access 2000 Intermediate.
Word 97; Word 97 Advanced; Word 2000.	Palm PDA Beginning.
Excel 97; Excel 97 Advanced; Excel 2000.	Project 98.
PowerPoint 97; PowerPoint 2000.	Front Page 2000.
Publisher 2000.	Outlook 98, Outlook 98 Email Only.

**c. Computer Based Training (CBT) Facility.** In addition to the existing traditional demonstration/lecture courses offered at the computer training facility located within Bldg. 9360, MCA Engineers, Inc. also reserves specific 4 hour blocks of time for those students interested in completing Computer Based Training (CBT) courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their regular work environment.